

September 20, 2018

Lacey Holloman,
Assistant District Attorney
Midland County, Texas
500 N. Loraine Street, Suite 200

Dear Ms. Holloman,

Since I am considered to be just a crazy lady, I figured I might as well live up to the label that has been put on me and show how crazy I can really be. I clearly see now that this is just a game to everybody, and the game you all are playing is at the cost of people's lives. I finally accepted yesterday that I'm just going to have to go along with everybody and just play this game too. The truth is, I don't like playing games. I like honesty, and I like for people to just be straight forward. So, I decided that I would play the game that the people in the justice system like to play, but I am going to play differently. I am going to be completely honest, and I am going to provide you with all of our information. If after knowing all of this about my son, you are able to live with yourself with moving forward with this and doing this to someone like him, you go right ahead and do what you think you need to do. Please don't take this as a threat. I want to be fair here. I want you to be able to make an informed decision about which role you want to play in all this. Sebastian and I have absolutely nothing to hide or be ashamed of. I am very proud to be able to say that. The whole truth about this is going to be exposed. There is already a lot of it out there, and there is a lot more coming. You get to decide who you want to be in all this.

I have always been a big supporter of law enforcement and of our justice system. I myself work for law enforcement. This experience has been very traumatizing for Sebastian and for myself, as well. I really don't like that I no longer trust the police here or our justice system. It's something I am going to have to really work on. I've had to face a very harsh reality here. The truth is that unfortunately we do still very much live in a world where police abuse is still very much a problem, and it is much more common than I had been willing to admit. I'm ashamed of that.

I don't want to overwhelm you. So, I'll try to keep it short because I have included other information that cover a lot of facts about the reality of this situation. Please read carefully through the enclosed information. I am more than willing to talk to you and answer any questions. I'm sure Sebastian would be more than willing as well. I have not told anyone that I am doing this, because I would be discouraged from doing this, and I'm just that crazy lady who just doesn't want to listen to that.

Sincerely,

A handwritten signature in cursive script that reads "Aracely Yates". The signature is written in dark ink and is positioned below the word "Sincerely,".

Aracely Yates

432-528-4164

1. **On May 18, 2016** – This was the first time Sebastian did this. He was 20 years old. He had the same phone number for about 9 years. He only switched numbers when he returned from Navy boot camp at the end of January 2018. This meeting never happened. Sebastian arrived, but he changed his mind about it. You don't have to believe that at all. I 100% percent believe him because he has not lied about anything else. He has no reason to lie particularly about this one incident. That doesn't make a difference in any of this, overall.
2. **On August 27, 2017** - This was Sebastian's 22nd birthday. I guess it's what he gave himself for his 22nd birthday. It's his first experience with this. This incident occurred a year and 3 months after his first attempt of trying this. Sebastian had just enlisted for the Navy at this time. Pay close attention. This was a transgender prostitute. Sebastian had been struggling with gender identity issues and or sexual orientation. He was exploring that. He's been trying to figure this out since he was a young teenager. It's so sad that we still live in a world where people still think this makes a person a dangerous sex predator.
3. **On November 8, 2017** – He uses vulgar language for the first time in response to being talked to that way. Again, he's exploring and trying to figure things out for himself. This encounter did not happen. He was asked for his credit card information. So, he moved on. (Sebastian had backed out of going into the Navy in September. In late October or early November, he re-enlisted for the Navy reserves. He left for boot camp on 12/18/2017)
4. **On November 16, 2017** – This encounter did not happen. Notice that he requested a picture from this person. Men are visual and want to be attracted to who they are going to be with. This is important because he never requested a picture from the pretend minor. He was not interested at all in what the "girl" looked like.
5. **On December 6, 2017** – There was no encounter because the person asked for money.
6. **On December 13, 2017** – There was no encounter because the price was too high.
7. **On December 14, 2018** – There was no encounter. Again, they were looking for credit card information.
8. **On February 8, 2018** – (Sebastian had just returned home after being unsuccessful at Navy boot camp. This was just a couple of weeks after he was back) There was no encounter here. The other person stopped responding.
9. **On February 14, 2018** – There was no encounter because they requested credit card information.
10. **On February 15, 2018** – It's made clear again that he is soliciting transgender prostitutes. Again, he's exploring this because he's trying to figure himself out.

11. **On February 16, 2018** – Again, he talks dirty in response to sex talk. The person requests credit card information. So, he moves on. Then he comes across the minor. Notice how different this whole conversation goes. He saw 3 different ads with this same phone number. None of them had pictures. He never requested a picture from this person. That's very unusual. Please read the other things I have enclosed to explain the rest of this.
12. My niece's name is not Mia Solis. It's Mia Salinas. If you really believe this story, then you have obviously not watched the entire video of polygraph with the very evil officer who did this to him. Remember, we have this video evidence. The lawyer may not want to use it at trial, but I promise you, we are going to use it to expose this for what it really is.

Case Questions

1. Why did Sebastian continue to talk to the person after he knew or thought the person was a 13-year-old girl? (Actually, initially, he thought she was 14)

- The “girl” posted an ad on Craigslist, an adult only site, with her phone number to be contacted.
- Adult people go on Craigslist to “hook up” or have even sex.
- Sebastian was concerned that she was doing this because she would be attracting what he described in his statement, “someone like me” – someone who is on there looking to hook up with someone else and hoping to have sex. Then he adds to that statement, “but someone worse”. That would be someone who could be capable of hurting this girl and even forcing her into sex and/or someone who would get her into drugs.
 - Sebastian’s difficulties in communication, verbal expression, and social interactions play a role here. There is neurological proof that he has these, and the neurological issues are the cause of these difficulties for him.
 - Sebastian is currently receiving neuro-feedback therapy which will help these parts of his brain develop to where he should be. We are also looking into emotional intelligence training for him to further help him with these issues.
- If Sebastian did not keep this “young girl putting herself at risk” engaged, she would have just moved on to the next person, really putting herself at major risk of harm.
 - Sebastian has been consistent, from the beginning, claiming that the loss of his good friend Hailey played a big part in this. He sees Hailey as someone who got involved with the wrong people, involving hanging out with grown men, which ultimately led to her death, a drug overdose, while hanging out with two older men. You can see Sebastian show emotion about this when he talks about it in his initial statement (in the video).
- She was the only one who responded to him.

- He didn't have any other distractions to go do anything else.
- Like he said in his own words, he was lonely and enjoyed having someone to talk to.

2. Why did Sebastian state that he did not have a bed in his bedroom?

- Because that was the truth. He was not used to having anyone over and hang out in his room. Sebastian is not very social. He just recently began working on becoming more social by hanging out with work friends. Before, this he would just play video games and talk to his online friends, regarding video games.
- Sebastian had just moved in 2 days prior. We were working on getting him a bed.
- It is clear that his thinking is different from most adults' thinking because the officer has to take it to as far as talking about "cuddling", and it still takes Sebastian a while to catch on. The officer makes it clear that "she – the girl" is interested in cuddling. That wasn't even Sebastian's thinking to begin with, and it's clear from his responses.

3. Why did Sebastian suggest that they could get a hotel room?

- Because the "girl" had made it clear that she was interested in cuddling. The comments about the bed and the cuddling led to this.
- Sebastian's goal was to keep her engaged to keep her from moving on to the next person.
- He truly believed that the girl was looking for sex. That is why she was on Craigslist and dropping hints like, "Hang out? What does that mean?" Sebastian has pointed this out from the beginning. He said she kept dropping hints like that, and "Hang out? What does that mean?" Was the first hint he took as that. That should be recorded in jail conversations we had.

4. Why did Sebastian tell the “girl” that he wanted to have sex with her?

- Because it became obvious to him that, that is what she was looking for. She kept dropping hints about it, and she only agreed to meet up with him after he told her the things she wanted to hear. She would not agree to meet up with him before that, when he talked about going out to eat, going to a movie, or playing video games. She kept pushing for more, and she showed the most interest when he mentioned “bed”, “hotel”, etc. She didn’t show much interest when he talked about other things. She even mentioned at some point that she was bored. She only became interested when the sex talk began. All of these things and especially only agreeing to meet up with him after she thought there would be sex, confirmed that it was what she was looking for, and that was the only way to get through to her.
- The “girl” was obviously looking for this because she was on Craigslist, and she was obviously looking for this with an adult man.
- If the “girl” did not think she was going to get it here (from him), she would have only moved on to the next person that she would be getting it from (making it very likely that she was going to come across someone who would be likely to hurt her and/or get her into drugs). Sebastian had true concern because he really was affected by his friend’s death. One of the first things Sebastian said to me after he was arrested was, “This is what I get for being so self-righteous and trying to help someone.” This should be recorded on a jail phone conversation we had. He also mentioned in his statement, “Save a life”. This is real. He has not made any of this up.

5. Why did Sebastian show up to meet the girl?

- Because he told her he would.
- Because he truly did want to help her and wanted to talk to her in person. This is the only way he thought he could get through to her. The girl refused to meet up with him before the sex talk. She kept pushing for that and confirmed this is what she was looking for when she finally agreed to meet with him, after sex was brought up.

- Because he wanted to keep her from moving on to the next person, putting herself at great risk of harm.

6. Why didn't Sebastian tell the "girl" through text what his true intention was?

- Because she obviously did not want to hear that. She had already made very obvious what she wanted, and there was plenty of confirmation there.
- Because the "girl" was likely to ignore him and just move on to the next person. She made very obvious what she was looking for. It was very obvious that she was not satisfied with anything else, but as soon as she heard what she wanted to hear, she immediately agreed to meet up with him.

7. Why did Sebastian say in his interview that he had an urge and thought this girl was his only chance?

- This is why Sebastian was on Craigslist to begin with. He has difficulties establishing relationships. He doesn't hit on females in person because he lacks confidence and the social skills for this. This is why he was on Craigslist. He was looking for someone who was putting themselves out there. He is a young man.
- The "girl" was the only one who responded to him who was real or seemed real. It was not a computer responding, asking for credit card information. He liked having someone to talk to.
- He is vulnerable and naïve. The girl was pushing sex on him, and he was caught at an extremely vulnerable time. The text messages show this was not his initial thinking with her, but because she kept pushing for that, he probably did get sexually excited, which he ended up feeling bad about.
- The officer played with his mind by taking him to sex talk. He probably did actually consider it. After all, he is a young man, who has never had a real girlfriend.
 - Sebastian is not someone who will talk anyone into having sex with him. He doesn't have the confidence or social skills for to

do that. He is someone who would be the one talked into it, like he was in this case.

- He made it clear that he caught himself and was interested in helping this girl. (This is something difficult for some people to believe, but you have to really know him and see it from his perspective to really understand this. He is not lying about this.)
- He states that he realized that what he was doing was wrong (in his video interview). He was giving into a 13-year-old's wish to have sex with him. He states that he thought he could clear up the problem.
 - To help this girl was his intention to begin with. Her (the officer's) push for sex and taking him there distracted him for a bit from that. After he had a shower and "cut loose", he could think more clearly. This is something he has said he does on a daily basis that helps him clear his head. This is not abnormal for a young man. The shower is where he normally does it. I know this because he kept K-Y in the shower.
 - It's just one thing among other things that the police used to turn this into what they wanted it to be, for their own purpose. They liked the idea that he masturbated because they wanted to think that he did this because he got excited about having sex with a 13 year-old, and this makes him look guilty (in their favor). When in fact, he did this because he was in the shower, and this is when he normally does this.

This was clearly entrapment. The police went on an adult only site to prey on vulnerable men for the purpose of pretending to be catching "predators who were preying on minors", to serve their own purpose. They just happened to come across an extremely vulnerable and naïve young man. They played with his mind to get exactly what they wanted, to appear like they had done a great job catching a "dangerous predator who preys on minors". This was completely all created by them. Had they not done this (pretended to be catching predators who prey on minors on adult sites), this would have never happened. Sebastian has never had any personal contact with any

minors, since he's been an adult, even now. He doesn't know any minors, other than his cousins, and he rarely sees them. Sebastian was clearly not targeting minors. They advertised him in the media as a sexual predator who was targeting minors. Sebastian was very fearful when he first got out of jail because of this. He was afraid that people who had believed this lie about him might attempt to hurt him. What the police did here is very wrong, reckless, extremely irresponsible and even malicious. This needs to be stopped. They are very clearly catching innocent people in these traps.

I am his mother, and even though I've known all along that he is innocent because he is very clearly not a predator, it's taken me this long to be able to really put it all together and make complete sense out of it all. It's taken lots of time and effort and a large amount of money to finally get to the point where I finally feel I can see this completely for what it really is and can explain it with certainty that Sebastian is 100% innocent, and the police are 100% responsible for this. Most people are not able to put all the time, energy, and money that we have put into this, and this is what it takes for an innocent person caught in a trap like this to prove their innocence, because the government has made it so difficult for a truly innocent person to prove their innocence when caught in a trap like this. This is very wrong, and something definitely needs to be done about this.

This is also a horrible thing to do to someone so vulnerable and naïve because they were the ones who put the thought in his head about having sex with a minor. It's not something he would have ever come up with on his own.

Due Process

Can the actions of the government be considered to be outrageous in Sebastian's case?

1. The officer posed as a 13-year-old girl on Craigslist, an adult only site, looking to hook up and/or have sex with adult men.
 - a. The officer confirmed that this is what the girl was looking for by leading the conversation to sex talk and confirming that this is what the girl was looking for by only agreeing to meet up if the meeting was going to be sexual in nature.
2. The officer used suggestive language every opportunity he had to turn the conversation sexual.
 - a. S: "Would you like to play some games?" Officer: "what kind of games lol?" (After it was made clear that Sebastian was talking about video games. The officer attempts to change the subject.)
 S: Something relaxing? Since you don't seem very experienced to this sort of thing." (Still talking about video games. His limitations in communication due to his neurological issues play a big role here, and the officer attempts to take advantage of this to turn the conversation sexual) Officer: "sort of thing?" S: "Not everyone is good at video games, or has the patience to try to be." (Confirmation that he is still talking about video games.) Officer: "lol what kind of games" S: Have you ever played Zelda" Officer: Nope, what else you got?" S: "I have a switch and I was thinking about picking up a new game. I also have Mario". Officer: "sweet I can ball on some Mario action lol!!"
3. After talking about playing video games, Sebastian asks if the girl wants to hang out.
 - a. Sebastian has never denied that he wanted to meet up with the girl. That was exactly his goal because he saw her as a troubled girl who was putting herself in a very bad position by looking for dates with adult men on Craigslist. His goal was to keep her engaged to keep her from moving on and coming across someone or people who would

be very bad news for her. (The loss of his good friend Hailey plays a very important role here)

- b. This was not sufficient for the "girl". Officer: "maybe... it depends".
 - c. Sebastian makes it clear that he wants to continue talking to the "girl" until she is comfortable. (This makes it clear that he is thinking about her and not looking to take advantage of her). He engages her in social conversation. Officer: "I like talking to you so far silly" Sebastian tries to make the conversation about having it be nice to have someone to talk to. Sebastian keeps the conversation social while the officer tries to take it to another level. "oh cool...you be talking to girls all day too??" Sebastian makes it clear that the only other female he has been talking to is his mom. (This shows Sebastian's innocent thinking). The "girl" makes it clear that she does not want Sebastian to view her as just someone like his mom. Sebastian makes a statement that since he had just met her, she may be in the same category as his mom (a female he has had conversation with). The officer makes it clear that the "girl" is not okay with this. Then the officer makes a statement about not wanting kids. (This is completely off topic)
4. The "girl" makes it clear that she is bored with the social conversation. Officer: "I'm bored again".
- a. Sebastian, again, attempts to get the girl to meet up with him. S: "Sounds like you need a buddy to hang out with". Officer: "hang out? what does that mean to?" (This is the first clue Sebastian picked up on that the "girl" was trying to turn the conversation sexual) S: "Yea...like meet up with. Chill. Cut loose. Spend time together with. Synonyms" (Since the "girl" is acting like she doesn't know what "hang out" means, Sebastian is trying to explain it to her. Remember, he's already talked about playing video games. The fact that the "girl" supposedly does not understand what he means is ridiculous. She is obviously hinting to something else.) Out of all of the "synonyms" he provided, she chose "cut loose?" and asked that question. His response: "Wow you do need a friend". He was having a difficult time believing that she would not understand what "hang out" meant. The girl pretends to be offended, but then she states

that she likes talking to him. S: "Then that means were friends". (I can clearly see how an adult guilty mind would see this. However, this is not how Sebastian's mind works, and we now know for sure that there are real reasons for why his thinking is different from most people's thinking. Again, as ridiculous as it may sound to some people, he did have true concern for this girl, and the loss of his good friend Hailey truly did influence this.)

5. The officer then again tries to re-direct the conversation.

- a. Officer: "so if I take to risk with my mom and sneak out to meet you, what are we going to do" (Obviously playing video games is not good enough for her) Sebastian says that he doesn't want to bring her to his place because she is a 14-year-old, and he would be questioned about why he is hanging out with a 14-year-old. (Therefore, it's not a good idea to go play video games at his home). Sebastian suggest that they go out to eat. Officer: "who would ask?" Sebastian: "My room mates". Officer: "tell them to go somewhere silly... I def don't want to be around a bunch of dudes I don't know" (What??

Sebastian has made it clear that he doesn't want to bring her there. He suggests they go out to eat (a public place). The "girl" is making it clear that she wants to come to his place.) Sebastian makes it clear that one of his roommates is home, and that is the reason why he will not bring her over.

- b. Sebastian makes a comment about not having a bed in his room. The officer loves this and jumps right on that. Sebastian's true concern is that his room does not look like a normal room. He has not had anyone over. Sebastian had just moved in. He had been sleeping on the floor because he did not yet have a bed. He was more than likely embarrassed about living arrangements that were not common. He was warning her ahead of time, just in case she did come over. This, again, shows Sebastian's very innocent thinking. However, the officer loved it as an opportunity to turn it into what he wanted it to be to serve their own (the police) purpose. The officer, again, is unsuccessful at taking this opportunity to turn the conversation sexual. Sebastian's responses are very obvious that he is oblivious to what is going on.

- c. The officer has to take it to as far as mentioning an interest in cuddling, and it still takes Sebastian a while to catch on.
 - d. The officer comes on stronger: "i like you". Sebastian interprets this as the "girl" is looking for more than just hanging out. He suggests that they can get a hotel room or just hang out in his car. The girl shows great interest in the idea of getting a hotel room. Again, confirming that she is looking for more than just hanging out at a public place. (Sebastian has stated that this was brought up because the girl had made it clear that she was interested in cuddling. She would not agree to meeting up before this.) The "girl" makes it clear at this point that she is in. She says she is going to tell her mom that she is going to a friend's. (She would not agree to meet up to play video games or to go out to eat at a public place, but she was very willing, right away, to go once hotel room was mentioned.)
 - e. The "girl" then calls Sebastian "babe". Sebastian is surprised by this. S: "babe? Oh my" (This is further confirmation that the "girl" is pushing for a sexual encounter.)
 - f. However, this is still not good enough for the "girl". She wants details about what they would do before she agrees to go. Officer: "not yet silly hehe u haven't told me what we would do duh hehe". At this point, Sebastian takes it further to tell her things he thinks she wants to hear. His goal is to get her to meet up with him, because he truly believes he can keep her from moving on and looking for this with others who would be a danger to her. The "girl" has already refused to meet up with him at least 3 different times. Playing video games was not good enough. Going out to eat was not good enough. Cuddling was not enough. She wanted more.
6. The "girl" finally only agrees to meet up after it is made clear that the meet will be sexual in nature.
- a. The girl even mentions "protection". She says she does not want to get "prego". (More confirmation that this is what it took to finally get her to agree to meet up)
 - b. The "girl" makes it clear that she wants to hear more about it. Officer: "hehe what do u mean by do it? Sry babe im just nervous".

Sebastian makes it clear that she mentioned protection. So, she very obviously knows very well what is being talked about.

7. After the sex talk Sebastian asks the girl for the fourth time if they can meet up.

a. Again, he's checking to see if this is good enough for her to finally agree to meet up with him, which was his intention from the beginning because he saw her as a troubled girl looking for dates with adult men on Craigslist. (Again, Hailey's death plays a very important role here because this was the main influence for Sebastian's actions. This was the main issue that made him particularly vulnerable for falling for this trap. Hailey was on the promiscuous side because she had a history of abuse. Sebastian was aware of this because Hailey shared that information with him. Hailey is also the only person Sebastian had sexual contact with as a teenager.)

8. Sebastian takes the conversation back to hanging out at a public place. He says they can go to dinner or a movie, whichever she would prefer. The girl questions why they would go to a public place. (Again, confirming that she is not interested in hanging out in a public place. Her main interest is going to the hotel room.)

a. Sebastian tells her that he wants to be a gentleman. The "girl" claims to be confused because she thought they were talking about sex, and now Sebastian is talking about dinner or a movie. (The officer is trying to re-direct the conversation to sexual talk.) Sebastian does not fall for this again and just tells her that they can talk about it when they meet up. (Again, staying focused on his goal from the beginning. Sebastian wanted to meet up with this girl to talk to her and hoped to get through to her. Sex was what she was looking for. It is not what Sebastian was looking for with her.)

b. The officer makes another attempt to go back to the sex talk. Officer: "ur making me nervous babe u told me one thing and now ur changing ur mind". Sebastian makes it clear that he has told her what she wants to hear. S: "You want sex right?" The "girl" wants to hear it again and make sure that there will be sex involved. Officer: "do u? hehe u said u want dinner and a movie or do it im so confused babe".

(How much more ridiculous can you get than this?) Sebastian, again pushes for going to a public place. S: "Yes I do, but im also offering dinner or a movie before hop right into it. Im just being polite. (He was clearly wanting to hang out at a public place to talk to the girl, but the girl was working against this.) Once, the officer realized that he was not going to get more than this, he settled. They (the police) later felt the need to work very hard to create things/come up with stuff (create lies) to make Sebastian look guilty to serve their purpose.

Were the police actions outrageous in creating all of this for the purpose of convicting Sebastian to make it look like they had caught a dangerous individual who preys on minors? This purpose serves them only (and no one else) in being able to continue to receive funds (it's all about the money) to supposedly continue to catch sex predators who prey on minors. It also serves their own purpose in looking like they are heroes who caught a predator and saved people (minors) from this predator. The point is that it was 100% all created by them for their own selfish purpose, and they have protected zero people in all this. The fact they lied and put out in the media that these men (Sebastian) was a predator who was targeting minors says a lot about their true intentions.

The most obvious thing about their outrageous behavior to accomplish their goal is the use of the officer who conducted the lie detector test. You cannot get much more outrageous than that. No need to explain any of that. The video evidence very clearly shows their true intentions. Furthermore, the police took other statements Sebastian made (during his initial statement) and turned them into what they wanted them to be to serve their own purpose. The point is that they wanted for Sebastian to be what they needed him to be to serve their own purpose, and they took anything and everything they could to turn it into that. The fact that the police had to go out of their way to create this case is outrageous and shows their true intentions, which is extremely dishonest and corrupt police work.

Sebastian is currently addressing his medical issues by detoxifying his body with the recommended supplements. Some of the supplements, he will stay on for the rest of his life, to maintain his health.

He is also currently attending neuro-feedback therapy sessions with a local licensed professional counselor. We will also use this counselor to address the struggle he has had with gender identity/sexual orientation. At this point, Sebastian thinks that it was a mental health issue he had. He really thinks he is past that and that he does not want to be a female after all. However, I fully recognize that he will still need professional help to fully address this, and that is what we are in the process of arranging. I've only been able to fully put all of this together after reading the new information that you provided on Tuesday (the text messages where he is soliciting transgender prostitutes).

We are also looking for emotional intelligence training/classes for him to help him with the social difficulties he has had because of the effect of his neurological issues. (Please see enclosed neurological report to understand this)

We are working really hard to address all of his issues, medical, neurological, emotional, psychological, etc.

If none of this means anything to you. That's ok. I just felt the need to put it out there.

Lawlis Peavey PsychoNeuroPlasticity Center



Quantitative Electroencephalography (QEEG) Summary Report

EEG Tracings

Posterior dominant 10 Hz activity of 20-80 mV is noted with intrusion into the temporal lobes. This intrusion appears to enter the ear reference at times, causing alpha contamination artifact. Alpha attenuates slightly upon eyes opening, and attenuates more during reading. Other activity of note includes slow bursts (eyes closed epochs 11, 142; eyes open epochs 80, 93, 185, 236, 308, 363, 373, 414). A mu rhythm is also noted. The eyes closed recording contains EMG artifact in site T4 and shows drowsiness. The eyes open and recording records contain EMG artifact in most frontal and temporal sites.

Conclusions and Recommendations

This QEEG shows the following strengths:

1. A relatively low theta-to-beta ratio of 1.5:1. This QEEG does not show the pattern typically associated with ADHD, which is elevated fronto-central theta and an elevated theta-to-beta ratio. An elevated theta-to-beta ratio is about 90% accurate in identifying ADHD.
2. Good quality and appropriate frequency of alpha with some attenuation upon eyes opening. Quality of the alpha rhythm and its attenuation upon eyes opening has to do with regulation of the brain - whether its activation levels are appropriate or not. If alpha does not attenuate with eyes opening, then the brain may be under-activated. Alpha is an indicator of the brain's ability to self-regulate and can be thought of as the brain's ability to relax and disengage when necessary. Lack of alpha rhythm is often seen with anxiety or familial alcoholism, while poorly developed alpha can be related to general under-arousal of the brain.
3. During reading, alpha attenuates more as compared to eyes open at rest. This indicates the brain is activating at some level during this task.
4. A good amount of activity in low beta. This frequency of beta is important for cognitive processing and focus.

This QEEG shows the following significant (challenge) patterns:

1. Sharp and slow paroxysmal activity. This activity was evaluated by a neurologist and judged to be epileptiform (see additional report). This activity is likely causing moments during which no information is perceived or processed. This may appear as blank looks, staring spells, or attention deficits. It may also be related to mood swings.
2. Vertex activity. Vertex elevations may be associated with perseverative disorders and symptoms such as obsessions, compulsions, reactive

attachment disorders, and oppositional defiant disorders. Subjective reports typically include getting stuck on a thought or behavior without resolve, or having a perfectionistic personality.

3. A prominent mu rhythm of alpha. Although this pattern can be seen in normal QEEGs, it has also been associated with frontal lobe dysregulation. Social difficulties and learning problems may also exist, due to the link between mu and mirror neurons, which play a role in understanding the actions of others, empathy, and learning through modeling.
4. Alpha intrusion into the temporal lobes. This pattern may be associated with difficulties in auditory processing, memory, emotional understanding, or social interactions.
5. Posterior slowing. Slowing in the posterior region may be related to learning disabilities, sensory integration problems, or difficulty with integration of other information.
6. Diffuse slowing in the 1-4 Hz range of delta. Diffuse slowing can be related to toxicity, nutrition or metabolic deficits, encephalopathy, or medication effects. Subjective reports may include feeling sluggish, spacey, or in a fog.

If EEG biofeedback treatment (Neurotherapy) is sought, the following protocols are recommended:

1. To address vertex activity, posterior slowing, and diffuse slowing, inhibit 1-7 Hz at site FZ for the first half of the session, and at site PZ for the last half of the session. Alternatively, FZ and PZ may be trained simultaneously using two separate channels of EEG. An inhibition of 21-30 Hz should be used with this to prevent EMG artifact and fast frequency beta.
2. To further address vertex activity and diffuse slowing, inhibit 1-7 Hz at site CZ. An inhibition of 21-30 Hz should be used with this to prevent EMG artifact and fast frequency beta.
3. To address temporal lobe alpha intrusion, inhibit 8-12 Hz at sites T5 and T6. An inhibition of 21-30 Hz should be used with this as well to prevent EMG artifact and fast frequency beta. Temporal lobes can be very sensitive to training, so symptoms should be monitored closely for any negative reactions (e.g., irritability, sleep difficulties).

Respectfully Submitted,



Alicia L. Townsend, Ph.D.

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NAME: SEBASTIAN ZAPATA
DATES OF TESTING: MAY 16-17, 2018

TESTS ADMINISTERED

Quantitative Electroencephalograph (QEEG)
QEEG Analysis
Neurologist Consultation
Biofeedback Psychophysiological Profile Assessment (PPA)
Stress Signal Checklist
Medical:
 Review
 Craniosacral Evaluation
 Metabolic Analysis
 Omega Quant
 MTHFR Mutation
 Recommendations
Wechsler Adult Intelligence Scale (WAIS-IV)
Woodcock-Johnson Tests of Achievement-3rd Edition (WJ III)
Bender Visual-Motor Gestalt Test, 2nd Edition (BVMGT-II)
Tests of Variable Attention - Combined Visual and Auditory (T.O.V.A.)
Behavioral Vision Screening
Brain System Checklist
Individual Interview
Enneagram Brief Form
PsychEval Personality Questionnaire (PEPQ)
Beck Depression Inventory-II (BDI-II)
Beck Anxiety Inventory (BAI)
Parent Interview
Childhood Autism Rating Scale (CARS)

TOOLS PRESENTED DURING ASSESSMENT

BAUD
EmWave
Biofeedback Starter Skills

A handwritten signature in cursive script, appearing to read 'Barbara S. Peavey, PhD', written over a horizontal line.

Barbara S. Peavey, PhD, M.S. PsyPharm, BCIAC
Co-Director/CEO of the PNP Center

A handwritten signature in cursive script, appearing to read 'Brandon Bonds', written over a horizontal line.

Brandon Bonds, D.C.
Medical Staff of the PNP Center

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GAME PLAN For SEBASTIAN ZAPATA

The Game Plan designed by the PsychoNeuroPlasticity (PNP) Center is the result of evaluation of Sebastian's STRENGTHS and CHALLENGES with strategies and suggestions for SKILL enhancement and development. Strengths and challenges were assessed in a variety of areas including neurological, psychophysiological, medical, intelligence and continuous performance, and psychological testing and feedback. A Team Meeting was held to review the findings of the assessments, integrate them and determine a course of action or Game Plan for Sebastian.

DISCUSSION OF RESULTS

Strengths found on Sebastian's QEEG include a relatively low theta-to-beta ratio of 1.5:1. He does not show the pattern typically associated with ADHD. In addition, the results of the Visual portion of his TOVA test of continuous performance were congruent for the absence of ADHD. His QEEG also shows a good amount of low beta brainwave activity. This frequency of beta activity is important for cognitive processing and focus. Further his QEEG shows a good quality and appropriate frequency of the alpha brainwave rhythm which attenuates when he opens his eyes. This is an indication of his brain's ability to self-regulate, relaxing and disengaging as is necessary for proper brain regulation. Also, during the reading task, the alpha pattern attenuates more as compared to the eyes-open at-rest task, which is important for proper brain functioning.

The significant brainwave pattern of challenge found on Sebastian's QEEG is that of sharp paroxysmal activity. This activity was evaluated by a neurologist and deemed to be abnormal with multifocal epileptiform activity at mid frontal, right frontopolar, right frontal, mid central, left anterior temporal, and mid parietal brain regions (see additional J. Walker, M.D., neurologist report). This activity is likely causing moments during which no information is perceived or processed. This may appear as blank looks, staring spells, or attention deficits. It may also relate to oppositional defiant behavior, verbal expression, emotional expression, judgment, working memory, coordination in the legs, cognitive processing, and vision.

A prominent mu rhythm of alpha is also noted on Sebastian's QEEG. Although this pattern can be seen in normal QEEGs, it has also been associated with frontal lobe

dysregulation. Social difficulties and learning problems may also exist, due to the link between mu and mirror neurons, which play a role in understanding the actions of others, empathy, and learning through modeling.

Sebastian's QEEG indicates alpha intrusion into the temporal lobes. This pattern may be associated with difficulties in auditory processing, memory, emotional understanding, or social interactions.

Sebastian's QEEG shows vertex activity. Vertex elevations may be associated with perseverative disorders and symptoms such as obsessions, compulsions, reactive attachment disorders, and oppositional defiant disorders. Subjective reports typically include getting stuck on a thought or behavior without resolve, or having a perfectionistic personality.

Posterior slowing is seen in Sebastian's QEEG. Slowing in the posterior region may be related to learning disabilities, sensory integration problems, or difficulty with integration of other information. His behavioral vision screening by the PNP Center indicated the need for a behavioral vision evaluation by an optometrist specializing in developmental or behavioral vision. A behavioral vision challenge can explain, at least in part, the finding of posterior slowing.

Sebastian's QEEG also shows diffuse slowing in the 1-4 Hz range of delta. Diffuse slowing can be related to toxicity, nutrition or metabolic deficits, encephalopathy, or medication effects. Subjective reports may include feeling sluggish, spacey, or in a fog.

Results of the Biofeedback Psychophysiological Assessment (PPA) indicate Sebastian holds long-term muscle bracing in his face, head, neck, and shoulders. Additionally, Sebastian demonstrates heightened autonomic arousal associated with his stress symptoms of feeling hurried, chills, restlessness, and listlessness. Based on the results of the Biofeedback PPA, Sebastian would benefit from relaxation training both through formal biofeedback training with a certified therapist as well through structured at home practice. Easy, diaphragmatic breathing was seen to be helpful during the initial assessment at the PNP Center for Sebastian. It is recommended he continue such practice. Continued use of BAUD on the "C" setting to help with self-calming is also recommended. Other suggestions are given below and in the section on Biofeedback in the Final Report.

Results of Sebastian's intellectual testing indicated he has an overall IQ in the "Average" range of functioning (FSIQ=106). Upon closer examination of the subscales of his intelligence testing revealed that his Verbal Comprehension (VCI=102) was in the "Average" range and his Perceptual Reasoning (PRI=115) skills were in the "High Average" range. His Working Memory (WMI=86) was in the "Low Average" range and his Processing Speed (PSI=114) skills were in the "High Average" range of functioning.

Based on his performance on the WJ-III, his Academic Skills; Ability to Apply Academic Skills and English Oral Language Skills were "Average." His Fluency with Academic Tasks was "Average." When compared to others at his age level, Sebastian's performance was "Average" in Broad Reading and Mathematics; "Low

Average" in Math Calculation Skills and Written Language; and "Low" in Written Expression. Comparing his IQ scores with his academic performance scores he qualifies for a Specific Learning Disability with Impairment in Written Expression (DSM 5: f81.81) and is therefore entitled to academic services under Federal Law.

Also, Sebastian's cognitive attentional scores on the TOVA test of continuous performance was "within normal limits" for both Visual and Auditory stimuli.

Sebastian is a highly creative, inquisitive, and friendly young man who is having difficulties with depression, anxiety, attention, social interactions, independent living skills, and establishing career direction. Results of the PNP Center assessment give cause and direction for Sebastian's presenting concerns.

Integrating the results of Sebastian's QEEG finds a brain-basis for many of his presenting concerns. One initial primary concern is addressing the finding of multifocal epileptiform activity, which is pre-seizure-like. The location of this sharp wave discharges determines the behavioral and cognitive disruptions likely to be seen. Because Sebastian's epileptiform activity brain locations are: mid frontal, right frontopolar, right frontal, mid central, left anterior temporal, and mid parietal challenges may be experienced or seen with oppositional defiant behavior, verbal expression, emotional expression, judgment, working memory, coordination in the legs, cognitive processing, and vision. Going forward, brain health measures of detoxing the brain, nourishing the brain and training the brain are important. Steps to accomplish brain health goals are listed below and in the Cognitive and Psychology sections of the Final Report.

Additionally, there is a brain-basis for Sebastian's difficulties with social interaction, including behaviors of: picking up on social cues and responding appropriately, social communication, and emotional understanding. Looking at Sebastian's QEEG finds *mu alpha* activity associated with difficulties picking and responding appropriately to social cues of another person, what is termed "emotional reciprocity". The *temporal alpha* dysregulated brain pattern can produce difficulties with social interaction and emotional understanding. Sebastian may feel easily overwhelmed in new, novel, or overstimulating events, activities or situations due to the *posterior slowing* and its connection with sensory integration difficulties. *Vertex elevations* are also found on Sebastian's QEEG and are associated with obsessive thinking and/or compulsive behaviors. Going forward, to reregulate dysfunctional brainwave activity, treatment of choice is neurofeedback. For Sebastian, participating in social skills class, along with self-help recommendations provided in the Psychology section are important.

Sebastian's depression has genetic underpinnings. Looking at the results of his MTHFR test finds a 30% gene mutation, indicating a deficit in his capacity to manufacture the brain's neurotransmitters related to mood management; those of serotonin, dopamine, and norepinephrine due to decreased capacity to methylate folate. Treatment of MTHFR deficiency is to supplement with sufficient oral methyl folate to facilitate production of these neurotransmitters. (See MTHFR in the Medical section for treatment protocol.)

A summary of recommendations for Sebastian is given below with more specific information provided in the individual sections of the Final Report.

GAME PLAN FOR CHANGE AND SKILL DEVELOPMENT

BRAIN HEALTH

- Participate in EEG-Neurotherapy to address the significant epileptiform activity noted on his QEEG assessment along with other dysregulated brainwave activity inferring with Sebastian's cognitive and emotional well-being. (See QEEG and Dr. Walker report for detailed neurofeedback training protocols). It is important to find a neurotherapist who is BCIA certified and capable of working with epileptiform activity (www.bcia.org)
- Share Dr. Walker's report with all your physicians, so medications which lower seizure threshold can be avoided. Also, advise future physicians to not prescribe medications which may lower seizure threshold.
- Follow a Ketogenic or Modified Ketogenic diet. This diet is a special high-fat, low-carbohydrate diet that helps to control to resolve epileptiform activity in some individuals.
- Practice coherent breathing with the *emWave* for 20 minutes twice a day to balance the autonomic nervous system and maximize cognitive function. (See www.heartmath.org for more information.)
- Establish a regular abdominal breath pattern of 6-10 BPM to help calm neuro-irritability. Calm, even breath patterns at or around 6.0 BPM provide stabilization for irritable cortex brain patterns, like epileptiform activity.
- Supplement with Omega 3 fatty acids of 2.1-4.0 gr/day. Pharmacy grade omega 3 including: Metagenics, Nordic Naturals, and Cooper Complete. (See Medical section for protocol.)
- Avoid foods, drinks, and gum/candy containing aspartame and monosodium glutamate.
- Drink plenty of water each day. Rule of thumb is water intake equaling half one's weight in ounces,
- Sufficient sleep each night with a minimum of 7.5 hours.
- Advise physicians to not prescribe you medications which may lower seizure threshold.

A list of BCIA Certified professionals in your area are listed as an Appendix. The designation of "BCN" indicates a professional certified to do neurotherapy/neurofeedback

MEDICAL

- Based on the results of the **Metabolic Analysis:**
 - Supplement with:
 - O.N.E. Multivitamin (Pure): Take 1 capsule AM for 90 days followed by a good multiple vitamin
 - B-Complex Plus (Pure): Take 1 capsule AM for 90 days
 - UltraFlora Balance Probiotics (Metagenics): Take one (1) capsule AM and PM daily for 30 days. Then rotate monthly with probiotics containing *Bifidophilus* and *Acidophilus* with greater than one billion count. (See attached Probiotics Guidelines Sheet.)
- Recheck with MA test kit 90 days after beginning the recommendations (test kit available from the PNP Center).

- Results of the **MTHFR Mutation Test** are positive with approximately 30% decreased level of enzyme activity.
 - Share report with primary care physician.
 - Start with Xymogen's Methyl Protect (1) capsule in the morning with food for 30 days. Evaluate its effectiveness on your depressive feelings. If depression is improved, continue with Methyl Protect.
 - If, after 30 days, you do not see the improvement in depression desired, notify your point person and begin to take Methyl Protect (1) capsule in the morning with food and (1) capsule at noon with food.
 - *Evidence indicates that your 30% decrease level will respond well to Methyl Protect. It is important to take it every day, as you have genetic underpinnings for your depression requiring outside support of methylated folic acid.*
- Based on the results of the **Omega Quant** of 5.83%:
 - Supplement with:
 1. OmegaGenics EPA-DHA 720 (Metagenics): (1) gel capsule AM and PM with food for 90 days
 2. Mega 10 (Metagenics): (1) gel capsule with food PM for 90 days
 - Increase intake of foods rich in Omega-3 fatty acids (see report for list of foods rich in Omega-3).
 - Avoid foods containing trans fats (see report for additional details).
- *Retest with Omega Quant test after 3-4 months of increasing Omega-3 fatty acids (Test kit available from the PNP Center).*
- Obtain a vitamin D level during a physician visit. Vitamin D is important in many ways. Cognitive process and mood management have been linked to brain inflammation. Adequate Vitamin D levels are necessary to maintain a healthy immune system at the level of the brain.

. BEHAVIORAL VISION

- Participate in a behavioral vision evaluation with an optometrist specializing in behavioral vision.

. Continued use of the BAUD.

- Use "C" setting for calming.
- Use "F" setting for focusing.

. BIOFEEDBACK

- Learn biofeedback skills to be able to self-calm.*
- Continued practice of abdominal breathing.

*Specific areas of development are listed in the PPA section of this report. A list of BCIA Certified professionals in your area are listed as an Appendix. The designation of "BCB" indicates a professional certified in biofeedback training.

. SLEEP

- Obtain 7.5 to 9.0 hours of sleep per night.
- Increase foods such as oats, meat, fish, bananas, peanuts, and turkey.
- Include in a bedtime ritual one or more of the following:
 1. Listening to the BAUD on "C" setting with easy, abdominal breathing.
 2. Abdominal breathing (15-20 minutes) while listening to quiet music (no words).
 3. Drink warm milk or "Sleepytime" tea (Celestial Seasonings) prior to bed.
 4. Listen to relaxing instrumental (no words) music.
 5. Listen to PNP Breathing Meditation and Heart Rhythm CDs.
- Finish homework (mental work) in the afternoon rather than the evening prior to getting ready for bed.
- Stop playing video games at least one hour prior to bedtime.
- Watch only relaxing television shows during the evening.

. DIET

- Begin a Ketogenic diet or Modified Ketogenic diet as this type diet has been shown to be medically beneficial to persons with seizure-like activity (see Appendix).
- A diet higher in protein is recommended. The major source of protein includes lean meats (chicken, turkey and fish), eggs, low fat cheeses, nuts, peanut butter and beans. Protein is best mixed with a healthy portion of vegetables. *Begin each day with a breakfast containing protein and no sugar.* The ideal breakfast is an omelet with lean meat and low fat cheese. Beginning each day with a protein breakfast is best for effective neurological function. An ideal lunch is tuna, chicken or fresh fish with mixed vegetables. Snack might be peanut butter and banana (or all fruit jelly). The ideal dinner contains vegetables, some fruit, minimal carbohydrates, such as potatoes and breads, combined with lean meat. Eliminating simple sugars such as candy, cakes, ice cream and pastries is important. Carbohydrates that have already been broken down into sugar (such as pasta, bread, rice, and potatoes) will have a positive impact on energy level and cognition, but should be ingested in moderation.
- Avoid sugar and dyes.
- If artificial sugars are used, avoiding foods or drinks containing aspartame (NutraSweet) is highly recommended.
- Many fast food items have monosodium glutamate (MSG). Avoiding fast foods which contain MSG is highly recommended.
- Complete an Elimination Diet for: Sugar (Corn and Cane). (See protocol end of Medical section).
- Complete a "10-Day Food Mood" diary to further determine the possible presence of food sensitivities which can negatively affect mood, cognition, and emotions (see Appendix).

. WATER

Increase your water intake. Water intake rule of thumb is one half one's weight in ounces. Currently, you drink 128 ounces of water a day. Water balance is

important in maintaining the brain's neurotransmitters, including serotonin, necessary for mood management.

. EXERCISE

- Continue regular daily exercise.
- Walking and swimming are excellent forms of exercise and should be continued.
- Martial arts and yoga will help with exercise and stress management.

. PSYCHOLOGY SUMMARY

- See Psychology Section for full summary and recommendations.
- Learn self-calming and other relaxation skills. (See Biofeedback PPA section).
- Participate in neurofeedback training to reregulate dysfunctional brainwave activity.
- Your depression has a genetic basis as a predominant factor. The results of your MTHFR (see Medical section) indicate need to supplementation of methylated folic acid to improve production of neurotransmitters related to mood management; those of serotonin, norepinephrine, and dopamine. A nutritional supplement meeting the basic criteria is Xymogen's Methyl Protect.
- Continue to participate in enjoyable experiences to help build your self-esteem. For instance, pursue hobbies and special interests that focus on activities that you do well.

. EDUCATIONAL SUMMARY

- See Academic Testing Report for full summary and recommendations.
- Qualifies for a Specific Learning Disability with Impairment in Written Expression (DSM 5: f81.81) and is, therefore, entitled to academic services under Federal Law.
- Follow your Daily Brain Enlivening Schedule to improve your brain function and cognitive abilities.
- Participate in EEG-Neurotherapy to address the significant dysregulated brain activity (see QEEG with supplemental neurologist report).
- Obtain a behavioral vision evaluation.